



IN INDIA . . . David Macaray, a member of the Peace Corps, stands on one of the nine bridges which spans the river Jhelum in Srinagar, Kashmir, India. Macaray, son of Press-Herald art and travel columnist Larry Macaray, is writing four columns for his father. The first of the articles appears in today's editions of the Press-Herald.

## ...Let's Go

By LARRY MACARAY

(On March 10 I wrote an article questioning the authenticity and intentions of the now famous Maharishi Mahesh Yogi. Later, I asked my son David, who is with the Peace Corps in Punjab, India, to find out what he possibly could about the Maharishi. David recently made a trip to Rishikesh to see him and he wrote an article about his visit. His article will appear in this column in four parts. — Larry Macaray.)

By DAVID MACARAY  
Last March I spent Holi in Rishikesh, U.P., having decided that something as unique as Mahesh Yogi's Shankaracharya Ashram must be seen to be understood. Admittedly the thought of seeing famous people and perhaps touching Mia Farrow had no little bearing on my decision as did a desire to obtain John Lennon's autograph and sell it to my sister.

Our bus left the Kashmiri Gate in Old Delhi at ten in the morning and arrived in Hardwar at about five that afternoon having stopped in Roorkee for thirty minutes while everyone received a cholera vaccination.

Since Hardwar had been flocked with tourists and pilgrims during the last several weeks the Hardwar bus terminal commissioned an old Army transport vehicle to help shuttle people to and from Rishikesh. Within forty-five minutes we were in the Rishikesh terminal.

RECOGNIZED, historically, as one of the most sacred hermitages in India, Rishikesh (pop. 30,000) rests directly on the Ganges shoreline, rooted in the wooded foothills of the Himalayas. The feeling of serenity one experiences when in contact with an ancient, fragile work of art can be obtained in the foothills above the city. The presence of the Ganga in its timelessness abstracts the sense of endurance and continuity. Duration

## Hayward to Head Area's Navy League

Redondo Councilman David K. Hayward has been named president of the Palos Verdes Peninsula Council of the Navy League of the United States.

Hayward, a charter member of the group succeeds Lt. Cmdr. John Sullivan (USN-Ret.) in the post.

Other officers include Dale W. Cox, executive vice president; Capt. William C. Fountain (USN-Ret.), vice president; Rear Admiral Robert N. S. Clark (USN-Ret.), vice president; Robert M. Gray, judge advocate; the Rev. Robert M. Honette, chaplain; Robert L. Mohr, secretary; and Clement G. Williams, treasurer.

assumes a new, clearer meaning. Through these hills the river is melted Himalayan snow running clear and cold, sloped with grey-white sand and smoothed dark boulders. It is here burrowed in hillside caves and holes that hundreds of autonomous holy men live in absolute recluse.

His Holiness Mahesh Yogi's Shankaracharya ashram is located on the Gita Bhavan shoreline across the river from Rishikesh proper, accessible by boat and the bridge.

It should be said initially that getting beyond the front gate of Shankaracharya is nearly impossible unless you are a member. The guards, posted twenty-four hours, have instructions to allow no one inside.

The guards, I learned, will not be intimidated or bribed.

THE SHANKARACHARYA Ashram now accommodates 75 pilgrims and celebrities mostly European living in the quarters and enrolled in the three-month course in Transcendental Meditation. Most of the students studying in the ashram had had prior experience in yoga or the occult and were taking the course as a pre-requisite to teaching. I met a retired school teacher from Britain, Frank Burkhill, who had been living in Rishikesh for a year doing independent research on the soul. Since he had been around when the Beatles et al. arrived I asked him about the people enrolled. He said that many of the students under Mahesh Yogi were products of yoga schools in London and Munich and were motivated to come to Rishikesh by the genuine desire to explore the mind.

He felt that the Western press in its treatment of Shankaracharya was unfairly skeptical about the caliber of students at the ashram and resented their gentle chiding of mystical inquiry and the intuitive subjects in which the West is ignorant. His appraisal judging from subsequent talks with enrollees and others seemed to be accurate regarding the majority of the students.

However, for other enrollees not versed in the occult, Mahesh Yogi's program was their first encounter with anything remotely mystical and the reasons motivating them seemed somehow less substantial than those of their upperclassmen. As an American girl from Pennsylvania, giving her reasons for coming explained, "It seemed like the groovy thing to do."



# MAGIC CHEF



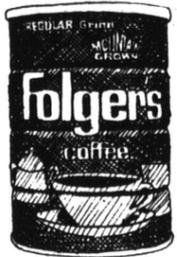
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<p>DEL MONTE</p> <p><b>TOMATO SAUCE</b></p> <p>8-oz. cans <b>10 \$1</b></p>	<p>DOWNYFLAKE</p> <p><b>WAFFLES</b> pkg. of 10 <b>37¢</b></p> <p>TOPPING</p> <p><b>REAL WHIP</b> pint size <b>29¢</b> quart size <b>49¢</b></p>	<p>Frozen Foods</p> <p>MINUTE MAID</p> <p><b>ORANGE JUICE</b> 6-oz. can <b>25¢</b></p> <p>BRIDGEFORD</p> <p><b>WHITE BREAD</b> 3 1-lb. loaves <b>53¢</b></p>	<p><b>RED WATER</b></p>
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